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Infant, Child and Adolescent Medicine

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ANTICIPATORY GUIDANCE

1 month

FEEDING

Breast Feeding

If you breast feed, you are giving your baby a natural and complete diet.

- Offer both breasts each feeding. Baby should be on each breast at least 15 minutes. Start each feeding on the breast the baby last nursed from.
- Feed the baby approximately every 3-4 hours. If your baby is hungry, please feed the baby. The baby does not know anything about a schedule. All he knows is he's hungry, he's wet, he wants to be held, he wants to be fed, he wants to be cuddled. Do all of these things. Your baby will fall into his own schedule and you will notice that he will eat approximately every 3-4 hours. At those times he will want to eat more frequently. Those are the times in which he stimulates you to produce more milk.
- You can give the baby a bottle once in awhile to allow the mother to be away or the parents to go out on a date. This can be breast milk that has been pumped. Or formula. If you choose to pump milk you may use several methods. You may use a breast pump or you may manually express milk from your breast with your hands. The milk should be placed in bottles. The bottles may be cleaned in the dishwasher.
- During the time you are breast feeding your baby, you need to have a well-balanced diet. This includes fruits, fruit juices, vegetables, cereals, meats, and 2-3 glasses of milk a day. However, some babies whose mothers drink milk may be colicky. Also, you need about 2 quarts (8-9 glasses) of water per day. Liquids prevent constipation and help your milk supply be plentiful. You need to continue to take your prenatal vitamins daily while breast feeding.
- Babies who are breast feed need vitamins A, D and C. You may purchase vitamins A, D and C in a liquid form at the pharmacy. When your baby is 6 months old, he should be started on fluoride. I will give you a prescription of fluoride at that time. Usually we prescribe a multivitamin, or vitamin A, D, C with fluoride. The additional vitamins will not hurt your baby. However, some mothers prefer not to give their babies vitamins and just the liquid fluoride. This can be done with a prescription at that time.

Bottle Feeding

- If you are bottle feeding, how you feed your baby is important! Get into a comfortable position. Hold your baby in a tender, loving, supporting way. Relax and hold your baby close to you. This makes the baby feel safe, loved and comfortable.
- The baby will take between 20 and 32 ounces of milk in a 24 hour period. However, when your baby is newborn, he may only take between 1 and 3 ounces every 2-4 hours. This is normal. If you overfeed your baby, you can cause abdominal pain and "spitting up"



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DEVELOPMENT

- Your baby can see shapes and is very interested in faces.
- A loud noise will startle the baby.
- Your baby should hold up his or her head when lying on his stomach.

COMMON PROBLEMS

Constipation

- Not all babies have bowel movements every day. If a baby has a dry, hard stool, this is considered constipation. If your baby must strain and cry when he's trying to have a bowel movement, has no bowel movement for several days, and/or his abdomen seems to be hard or swollen, he may be constipated. If this is the case, try giving the baby water between feedings, at least twice a day. This may help soften his stools. If this does not help, you may try giving him Karo syrup in water. Add 1 teaspoon of Kara syrup to 4 ounces of warm water to help dissolve the Kara syrup. Again, offer this at least twice a day. If the baby still has problems, please call us to make an appointment so that we may evaluate the baby.
- Do not give laxatives or enemas to your baby unless I specifically order them.

Cradle Cap - (A scaly, rough area on the scalp with flaking skin)

Rub the scalp gently with olive oil. Use a soft bristle brush to massage the olive oil in. You then may rinse the olive oil out with shampoo, again using a soft bristle brush to remove the crust. It may take weeks or even months to remove chronic cradle cap.

Fussiness

Most babies have a fussy time. Most often it is in the late afternoon or evening. This is normal. If your baby is crying anytime day or night without any recordable pattern, this is most likely colic. Most baby's fussy time lasts from a few minutes to a couple of hours in the evening. If your baby has these fussy periods which last longer, please call our office and we will give you some ideas and possibly need to see the baby to determine the reason why the child is irritable and fussy.

SAFETY

Bathing your baby

Hot water can cause scalding and severe burns. Before immersing your baby in water, check the temperature with your arm. If the water is too hot for your arm, it is too hot for your baby. Never, ever, leave the baby unattended at bath time. If you need to answer the door, answer the phone, check on other children, take the baby with you.

Falls



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The baby's crib, bassinet, and playpen are the only safe places for a baby to be left alone. Babies wiggle and roll all over. You never know when they're going to roll over or flip. A baby on a changing table can easily flip over and fall off the table if unattended.

Auto safety

Every baby needs a good car seat. It is the law in the State of California to have all babies and children in safety seats, car seats, booster chairs and/or harnesses. Never allow a child to ride on your lap or fastened in a seat belt together. Never carry your baby in your arms while driving or as a passenger in a car.